



MARCH 2017

Maryland WIC
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			1	2	3	4
Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 Maryland toll free)	6	7 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	8	9	10	11
12	13	14	15	16	17	18 Breastfeeding Class UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-882-1000, ext. 5231 or 410-228-5511, ext. 5231
19	20	21 Support Group/10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700 <hr/> Support Group/4pm - 6 pm Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	22	23	24	25
26	27	28	29	30	31	To Contact a Breastfeeding Peer Counselor near you: Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654



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